

Title of Material: _____

Publisher: _____

Reviewer: _____

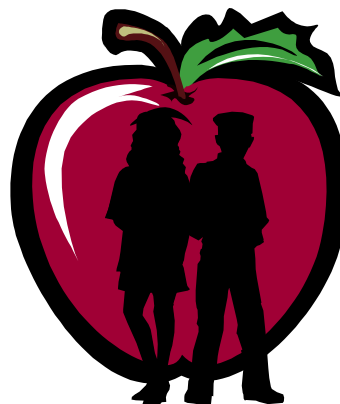
Percentage of Standards: _____

Grade Four--possible 25 (content knowledge & skills)

(Number of Yes checks divided by 25 = percentage)

Idaho Achievement Standards

Health for **Grade Four**



804 HEALTH STANDARDS – GRADE FOUR, SECTIONS 805 THROUGH 809.

805 HEALTHY LIFESTYLES.

Standard – The student will:	Content Knowledge and Skills:	YES	NO
01. Acquire the essential skills to lead a healthy life.	a. Describe the influence of rest, food choices, exercise, sleep, and recreation on a person's well-being.	Indicate Page No	
	b. Identify characteristics and causes of diseases and disorders.	Indicate Page No	
	c. Recognize a safe environment and demonstrate readiness skills that deal with emergency situations.	Indicate Page No.	
	d. Identify the range of emotions experienced and the connection between our minds and bodies.	Indicate Page No.	
	e. Identify substances, their use, and abuse	Indicate Page No.	
	f. Identify the nutritional benefits of different foods.	Indicate Page No.	
	g. Recognize growth and development as a life-long process.	Indicate Page No.	
	h. Describe the role of families and friends have in affecting our health.	Indicate Page No.	
	i. Determine factors involved in selecting and using health information, products, and services.	Indicate Page No.	
	j. Determine factors that influence the health of our environment.	Indicate Page No.	

806 RISK-TAKING BEHAVIOR

Standard – The student will:	Content Knowledge and Skills:	YES	NO
01. Demonstrate the ability to practice health-enhancing behaviors and reduce health risks.	a. Describe the healthy living habits that can reduce the risk of illness and injury.	Indicate Page No	
	b. Recognize how the actions of one person can affect the behavior of another.	Indicate Page No	
	c. Identify high-risk situations and behaviors that pose a risk to one's self and others.	Indicate Page No	
	d. Identify the impact of risky behaviors on personal and family health.	Indicate Page No.	

807 COMMUNICATION SKILLS FOR HEALTHY RELATIONSHIPS.

Standards - The student will:	Content Knowledge and Skills:	YES	NO
01. Demonstrate the ability to use communication skills to enhance health.	a. Identify the causes and effects of conflict in schools and families.	Indicate Page No	
	b. Demonstrate refusal and decision-making skills as they relate to substance use and abuse.	Indicate Page No.	
	c. Identify interpersonal communication skills that can be used to build interactions between family, friends, and community.	Indicate Page No.	

808. CONSUMER HEALTH.

Standard – The student will:	Content Knowledge and Skills:	YES	NO
01. Organize, analyze, and apply health information practices and services appropriate for individual needs.	a. Identify reliable sources of personal health information, products, and services.	Indicate Page No	
	b. Recognize how the media influences one's thinking in relation to mental and emotional health, nutrition, and substance abuse.	Indicate Page No	

	c. Identify the different community agencies that promote the health and well-being of personal environment.	Indicate Page No.	
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809. MENTAL AND EMOTIONAL WELLNESS.

Standard – The student will:	Content Knowledge and Skills:	YES	NO
01. Understand and demonstrate the key components to positive mental and emotional health.	a. Recognize healthy ways to express personal emotions and feelings.	Indicate Page No	
	b. Identify ways to maintain a healthy outlook in the presence of diseases and/or disabilities.	Indicate Page No.	
	c. Identify physical activities that promote fitness and the relief of mental and emotional tensions.	Indicate Page No.	
	d. Take responsibility for the safety of one's self and others.	Indicate Page No.	
	e. Identify ways to avoid negative social influences and pressures to use alcohol, tobacco, and other drugs.	Indicate Page No.	